



Your worksite may have special procedures for you to follow during an emergency.

- ☐ Find out if your workplace has an emergency phone tree to reach workers in an emergency
- ☐ Ask if there is an emergency call-in number for employees
- ☐ Find out about alternative work arrangements your employer may set up in an emergency
- ☐ Other ideas: _____

FAMILY COMMUNICATION PLAN

Family Emergency Contact: _____

Phone: _____

Out-of-State Contact: _____

Phone: _____

Neighborhood Mtg Place: _____

Phone: _____

Alternate Mtg Place: _____

Phone: _____

Dial 911 in Emergencies!

TAKE THIS SURVEY TO LEARN SIMPLE WAYS YOU CAN PREPARE FOR MOST EMERGENCIES.

	Yes	No
Have you taken steps to prepare at home for a possible emergency?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have the following items ready?		
Three-day supply of water for each family member (3 gallons per person)	<input type="checkbox"/>	<input type="checkbox"/>
A week's supply of your prescription medicines	<input type="checkbox"/>	<input type="checkbox"/>
A battery-powered radio with batteries	<input type="checkbox"/>	<input type="checkbox"/>
A telephone that does not need electricity or a cell phone and car charger	<input type="checkbox"/>	<input type="checkbox"/>
A first aid kit with pain reliever/fever reducer	<input type="checkbox"/>	<input type="checkbox"/>
In case you have to leave your home quickly, a go-kit ready with copies of important documents such as identification; cash; extra keys; prescription medications	<input type="checkbox"/>	<input type="checkbox"/>
Does your family have the following ready?		
An out-of-state contact to check in with if you are separated in an emergency	<input type="checkbox"/>	<input type="checkbox"/>
An emergency meeting place near your house	<input type="checkbox"/>	<input type="checkbox"/>
An emergency meeting place outside of your neighborhood	<input type="checkbox"/>	<input type="checkbox"/>
How would you rate your level of preparedness?		
<input type="checkbox"/> Not very <input type="checkbox"/> Somewhat <input type="checkbox"/> Very		

ReadyNH
stay. leave. connect.



www.nh.gov/readynh



In some emergencies, you may need to stay at home for several days. Having these supplies will help you to be prepared.



In some emergencies, you may need to leave your home quickly. Plan ahead so that you will be prepared.



You may not be together with your loved ones when an emergency happens. Plan a way to get in contact or meet in an emergency.

- ☐ Three-day supply of water for each family member (3 gallons each)
- ☐ Dry and canned Foods:
 - ✓ Canned fruits, vegetables and meats, manual can opener
 - ✓ Juice boxes, canned milk
 - ✓ Dried fruit, nuts, crackers, cereal bars
 - ✓ Baby food and formula
- ☐ Pet food
- ☐ Manual can opener
- ☐ Flashlight and batteries
- ☐ Phone (cell phone and car charger or a phone that does not use electricity)
- ☐ Battery-powered radio and batteries
- ☐ Soap, toilet paper, toothpaste
- ☐ Hand sanitizer
- ☐ First aid kit:
 - ✓ Band-aids, gauze, rubbing alcohol
 - ✓ Medical gloves
 - ✓ Pain reliever & fever reducer
 - ✓ Medicine
- ☐ Other ideas: _____

- ☐ Go-kit:
 - ✓ Change of clothes
 - ✓ Extra keys
 - ✓ First aid supplies
 - ✓ Prescription medicines
 - ✓ Glasses
 - ✓ Cash
 - ✓ Important documents such as ID cards, bank and medical information, insurance policies
 - ✓ Phone (cell phone w/ car charger)
 - ✓ Pets and pet supplies – leash, kennel, food
 - ✓ Activities for the kids
- ☐ Other ideas: _____

Review your plans & supplies with everyone in your home every six months when you change your clocks.



Partner Organizations:



The ReadyNH campaign and materials were developed by the Community Health Institute in collaboration with the NH Department of Health and Human Services, the NH Department of Safety, the NH Governor's Commission on Disability, the American Red Cross Granite Chapter, Granite State Independent Living, the NH Public Health Networks, and Volunteer NH. The ReadyNH campaign is based, in part, on the Ready campaign of the Department of Homeland Security, and on the work of the Cambridge and Montgomery County, MD Advanced Practice Centers.

